



MEMBERS AND PUBLIC SWIMMING INFORMATION Effective Mon. March 20th- Fri. May 26th, 2017

All times are subject to change.

Updated May 9



For additional cancellations or updates, please check our website or postings at the customer service desk.

MONDAY

5:30am - 4:00pm ADULT & MEMBERS Lane Swim (4 Lanes, lane change 9am)
 5:30 - 9:00 am **OPEN SWIM** (T. pool)
 10:30 - 11:55 am Parent & Tot Swim (½ T. Pool)
 12:00 - 1:25 pm **OPEN SWIM** (Blue Slide/Rope/Board & All T.Pool)
 2:30 - 3:55 pm **OPEN SWIM** (Blue Slide/Rope/Board & All T.Pool)
 4:00 - 7:30 pm MEMBERS Lane Swim (1 Lane)
 4:00 - 7:00 pm Parent & Tot Swim (½ T. Pool)
 7:30 - 9:10 pm Adult Lane Swim (1 Lane)
 9:15 - 10:25 pm ADULTS ONLY (Both Pools)

TUESDAY

5:30am - 4:00pm ADULT & MEMBERS Lane Swim (4 Lanes, lane change 7:30 am)
 5:30 - 8:00 am **OPEN SWIM** (T. Pool only)
 9:00 - 10:00 am Parent & Tot Swim (½ T. Pool)
 12:00 - 1:25 pm **OPEN SWIM** (Blue Slide/Rope/Board & All T. Pool)
 2:30 - 3:55 pm **OPEN SWIM** (Blue Slide/Rope/Board & All T. Pool)
 4:00 - 6:30 pm Parent & Tot Swim (½ T. Pool)
 4:00 - 6:30 pm MEMBERS Lane Swim (1 Lane)
 6:30 - 7:55 pm **OPEN SWIM** (Blue Slide/Rope/Board & ½ T. Pool)
 6:30 - 8:00 pm ADULT Lane Swim (2 Lanes)
 9:15 - 10:25 pm ADULTS ONLY (Both Pools)

WEDNESDAY

5:30am - 4:00pm ADULT & MEMBERS Lane Swim (4 Lanes, lane change at noon)
 5:30 - 9:00 am **OPEN SWIM** (T. Pool)
 9:00 - 10:10 am Parent & Tot Swim (½ T. Pool)
 10:30am - 12:00pm Parent & Tot Swim (½ T. Pool)
 12:00 - 1:25 pm **OPEN SWIM** (Blue Slide/Rope/Board & ½ T. Pool)
 2:30 - 3:55 pm **OPEN SWIM** (Blue Slide/Rope/Board & All T. Pool)
 4:00 - 6:30 pm Parent & Tot Swim (½ T. Pool)
 4:00 - 6:00 pm MEMBERS Lane Swim (1 Lane)
 6:30 - 7:25 pm MEMBERS Open Swim (Blue Slide & ½ Both Pools)
 8:15 - 9:00 pm ADULT Lane Swim (1 Lane)
 9:30 - 10:25 pm ADULTS ONLY (Both Pools)

THURSDAY

5:30am - 4:00pm ADULT & MEMBERS Lane Swim (4 Lanes, lane change 7:30 am)
 5:30 - 8:00 am **OPEN SWIM** (T. Pool)
 9:00 - 10:30 am Parent & Tot Swim (½ T. Pool)
 12:00 - 1:25 pm **OPEN SWIM** (Blue Slide/Rope/Board & All T. Pool)
 2:30 - 3:55 pm **OPEN SWIM** (Blue Slide/Rope/Board & All T. Pool)
 4:00 - 6:00 pm Parent & Tot Swim (½ T. Pool)
 4:00 - 5:00 pm MEMBERS Lane Swim (1 Lane)
 6:30 - 7:55 pm ADULT Lane Swim (2 Lanes)
 6:30 - 7:55 pm **OPEN SWIM** (Blue Slide/Rope/Board & ½ T. Pool)
 9:15 - 10:25 pm ADULTS ONLY (Both Pools)

FRIDAY

5:30 - 7:30 am ADULT & MEMBERS Lane Swim (4 Lanes)
 7:30 - 12:15 pm ADULT Lane Swim (3 Lanes)
 7:30 - 9:00 am **OPEN SWIM** (Blue Slide/Rope/Board & ALL T. Pool)
 12:15 - 3:55 pm ADULT Lane Swim (4 Lanes)(2 Lanes April 14, 11am-1pm)
 1:00 - 3:55 pm **OPEN SWIM** (Blue Slide/Rope/Board & ½ T. Pool)
 4:00 - 6:25 pm Parent & Tot Swim (½ T. Pool)
 4:00 - 6:25 pm MEMBERS Lane Swim (1 Lane)
 6:45 - 8:25 pm **OPEN SWIM** (Both Pools, Pirate's Cove)
 8:30 - 10:00 pm ADULTS ONLY (Both Pools) **semi-cancelled May 26**, only small pool and 2 lanes available for Adult Lane swimming.

- The Dartmouth Sportsplex reserves the right to check proof of age or turn swimmers away if they do not meet age or swim definition requirements, and remove patrons from swims for behaviours that endanger themselves, those around or are demonstrating poor judgement and irresponsible actions.

- Entrance to the locker rooms and pool area is 10 minutes before the swim.

-To prevent pool closures, we ask that young children wear swim diapers.

TRAINING POOL (T. Pool) is the smaller two 2-lane pool with steps, ankle deep to 1m deep.

MAIN POOL is the larger 8-lane, 25m pool; it is 1.8m to 4.3m in depth. The Blue Slide, Rope, Diving Board and Pirate's Cove are all in the Main Pool.

SPA AREA includes the hot tub, steam room, and dry sauna (Children must be accompanied by a parent at all times, please see safety guidelines posted by the hot tub)

SATURDAY

9:00 - 11:45 am MEMBERS Lane Swim (2 Lanes)
 1:00 - 2:25 pm **OPEN SWIM** (Both Pools, Pirate's Cove)
 2:30 - 3:25 pm Adult Lane Swim (2 Lanes)
 3:30 - 4:25 pm **OPEN SWIM** (2 Pools, Pirate's Cove)
 *Special OPEN swim - \$3/person, includes Pirates Cove wrist band
 4:30 - 5:30 pm Adult Lane Swim (2 Lanes)
 5:30 - 7:25 pm MEMBERS Lane Swim (1 Lane)
 5:30 - 7:25 pm Parent & Tot Swim (½ T. Pool)
 7:30 - 8:55 pm **OPEN SWIM** (Blue Slide/Rope/Board & All T. Pool)

SUNDAY

9:00 - 11:45 am ADULT & MEMBERS Lane Swim (3 Lanes)
 9:00 - 10:25 am Parent & Tot Swim (½ T. Pool)
 10:30 - 11:55 am FAMILY SWIM (Blue Slide/Rope/Board & ½ T. Pool)
 12:00 - 1:00 pm MEMBERS Lane Swim (1 Lane)
 1:00 - 2:25 pm **OPEN SWIM** (Both Pools, Pirate's Cove)
 2:30 - 3:30 pm ADULT Lane Swim (2 Lanes)
 3:30 - 4:55 pm **FAMILY SWIM** (Both Pools, Pirate's Cove)
 5:00 - 6:55 pm MEMBERS Family Swim (Blue Slide & ½ T. Pool)
 5:00 - 8:00 pm MEMBERS Lane Swim (2 Lanes, 6:30 - 8pm only 1 lane)
 9:00 - 10:25 pm ADULTS ONLY (Both Pools)

- We recommend that patrons lock up **ALL their articles** in a locker. It is best for you to bring your **own** lock. If you forget your lock, we have a **limited** number of coin-operated lockers in the change rooms. Fee for lockers with locks, is a one-time usage. Fee is a Loonie for a half locker and Toonie for a full locker.

The Sportsplex is not responsible for lost, stolen, or damaged articles.

- To prevent Pool closures, we ask that young children wear swim diapers. We have a limited number to purchase at the Customer Service Desk for \$2 each.

~ Sorry, we cannot give refunds. ~

LANE SWIMMING - Please be courteous when swimming in lanes. Swimmers should always swim circles; it can be clockwise or counter clockwise. This way other swimmers can share a lane and join into a lane at any time. Swimmers must be swimming laps. Please note Adult Lane Swim takes place during other swims.

FFC STRUCTURE AND GUIDELINES TO SWIMS. HST is included

A swim pass entitles you to enter a single swim, one time. Please check your swim passes, some are not eligible during March break and holidays.

COST: Members are FREE!
 HST is **Family** \$14.00 (1 Adult/4 children or 2 Adults/3 children)
 Incl. **Adults** \$6.25 (18 to 64)
Seniors \$6.00 (65 and up)
Children \$6.00 (17 and under) see below on children under 10
Parent & Tot \$9.00 (Applies **ONLY** to specified Parent & Tot Swim times)
 *Pirate's Cove slides \$2/each or \$6/*Family (addition to swim price)

PIRATE'S COVE is only open during scheduled times. You must be at least **1.22m (48" or 4 ft.) tall and be a very strong and confident swimmer in DEEP water** to ride the Pirate Ship slides. All riders (youth & adult) must have on the appropriate coloured wristband to slide. We recommend you arrive 15-20 min. before a Pirate's Cove swim. There is a maximum occupancy. **See OPEN & FAMILY swim guidelines.**

OPEN SWIM is a recreational swim available to adults, family and children. **Children, under the age of 10, must be supervised, within arms reach, by a swimming adult, 18 or older.**

FAMILY SWIM and **FAMILY PRICE** are for **swimming** parents and their children. The fee is entitled to a **maximum of 5 persons** from the same immediate family. (One Parent/Guardian & 4 children, or 2 Parents/Guardian & 3 children; max. of 2 adults per family) **Parent/Guardian must participate in swim. Children, under the age of 10, must be supervised, within arms reach, by a swimming adult, 18 or older.**

ADULTS ONLY SWIM refers to a swim available to adults, ages 18 and over. The Blue 90 foot water slide, board & rope will be available during this swim, if Lanes 1, 2 and 3 are open. Lanes 4 to 8 are used for lane swimming. Adult Lane Swim takes place during other Pool events.

MEMBERS LANE SWIM - is for Members only. Members who are 12 years of age or under, must have a Swim Kids 9 swim ability or higher.

PARENT & TOT SWIM - One or both parents and their immediate children under 5 yrs. of age, family guidelines apply.